



2016 TACKLE FOOTBALL

**DEPARTMENT OF RECREATION, PARKS AND CULTURAL ACTIVITIES
RECREATION SERVICES DIVISION - SPORTS SECTION**
www.alexandriava.gov/Recreation



Alexandria Titans Contact Information

Alexandria Sports Office

703.746.5402

Registration & Reservation Office

703.746.5414

Jim Gibson, Football Commissioner

gccjg@aol.com

Jeremie Greer, Safety Officer & Asst. Football Commissioner

jcgreer05@gmail.com

Tamika Coleman, Dept. of Recreation, Parks & Cultural Activities Staff

Tamika.Coleman@alexandriava.gov

Youth Sports Hotline

703.746.5597

The Youth Sports Hotline is the number to call for practice and game information in case of inclement weather.

Youth Sports Equipment Room (across from Kelley Cares Miracle Field)

1108 Jefferson Street

George Washington Middle School Fields/Braddock Road Fields

1005 Mt. Vernon Avenue

Youth Sports Website

www.alexandriava.gov/Recreation

Fairfax County Youth Football League Website

www.fcyfl.org

USA Football Website

www.usafootball.com

Coaches contact information will be received once the teams are formed.

The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL). For more information on FCYFL visit the website at www.fcyfl.org. The FCYFL is a full contact tackle football league. Teams are formed based on ability as well as by the age/weight chart below. Teams are formed in the following divisions: Anklebiter (AB), 80, 90, 100, 115, 130 and 155 pounds. The weights listed on the chart are maximum weights. The Age/Weight Matrix is listed on the next page.

The Fairfax County Youth Football League (FCYFL) serves the Northern Virginia region, with 23 member clubs located in Arlington, Fairfax, Loudoun, and Prince William counties and Alexandria city. The purpose of the FCYFL is to provide participating youth with a healthful, enjoyable leisure time activity, and to foster in them the qualities of sportsmanship, team play, and integrity. Teams from outside the geographic boundaries of Fairfax County may play in the FCYFL as long as they play with a youth club recognized by the FCYFL.

The Anklebiter Instructional Group is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted.

For the remainder of the weight classes there are three established conferences to provide three different levels of ability and experience for the players.

a) The American Conference is structured with youths of the greatest ability and most experience in comparison to their peers.

b) The Central Conference is a mid level competition group structured to include both single entry Club teams which may not be able to compete equally in the American Conference and multiple entry Club teams with some experience.

c) The National Conference is designated as a conference for multi-entry teams with youth of limited ability and experience in comparison to the other conferences.

Fairfax County Youth Football League Age/Weight Matrix

Age	7	8	9	10	11	12	13	14	15	16
AB	UNL	90	55							
80		100	90	85	80					
90			110	100	95	90				
100				120	110	105	100			
115					135	125	120	115		
130						150	140	135	130	
155							175	165	160	155

Weights shown are maximum weights. Age as of October 1, 2016

Registration Information

Registration forms can be found on our web site, neighborhood recreation centers or the Registration and Reservation Office at the Lee Center. All City of Alexandria residents ages 7 - 16 are eligible to participate. Participants must be 7 years old by October 1, 2016 and no older than 16 as of October 1, 2016. The registration fee is \$90. Financial assistance is available. Online registration is also available

Each participant is required to have their own current Department of Motor Vehicle Identification Card in order to play in the league and receive equipment.

Coaching Information

Coaches are volunteers and must complete the volunteer application and background check consent form. All coaches must attend the National Youth Sports Coaches Alliance training certification and participate in coaches meetings, trainings, and football related clinics. All head coaches and assistants are required to be trained in the education course provided by USA Football which includes the new "*Heads Up*" Football Training. All coaches must sign the FCYFL required Coaches Code of Conduct. All coaches will conduct themselves at all times with sportsmanship and integrity. For additional information on volunteer opportunities and the leagues, contact the Sports Office at 703.746.5402

Practice & Game Information

Practice will begin Monday, August 8 from 6 p.m. – 8 p.m. at the Braddock Road Field, located next to George Washington Middle School at 1005 Mt. Vernon Avenue. The first three days of practice are conditioning days, participants should wear shorts, t-shirts and helmets. Participants can not wear full equipment until they have completed their three conditioning days. Only white pants should be worn to practice, blue pants are for games only. Participants are strongly encouraged to bring water to every practice. The level of activity during the summer months may be limited based on the temperature and humidity conditions.

Practice will be Monday - Friday until Alexandria City Public Schools begin. Practices shall not exceed one 2 hour period per day, five days a week until school starts. Beginning with the first week of school, the number of team practices or team meetings shall not exceed 4 per week including games for all weight groups.

Once teams are formed, the head coach of each team will set the specific days and times for practice for their team. All teams will begin practice at Braddock Road Field on August 3; once teams are formed teams will move to other fields within the City of Alexandria.

Preseason Football Camp will be held August 1 - 4 from 6 p.m. to 8 p.m. at George Washington Middle School. Participants should wear t-shirts, shorts and cleats and bring water. Alexandria Titans coaches will facilitate the camp. Participants will learn the proper techniques of passing, catching, blocking, and other fundamentals of football. Participants are encouraged to register for the 2016 season before the camp begins.

Parent's Concussion and Football Training Dates are mandatory for all parents on August 15 or August 18 at 6:30 pm at the George Washington Middle School. This will be a hands learning experience for parents to learn what their child learns and to teach the fundamentals of Heads Up Football.

Game Schedules are developed by the FCYFL and will be available a week before the first game. League games will begin the weekend of September 17 - September 18. Each team will play seven regular season games. Home games will be played at George Washington Middle School. Away games will be in the Northern Virginia region, the league has member clubs in Arlington, Fairfax, Loudoun and Prince William counties. The majority of the games are played on Saturday, some may be on Sunday and occasionally a weekday game is scheduled.

Equipment & Jersey Information

Equipment is supplied by the Alexandria Department of Recreation. Each player will receive a helmet (with approved face guard and chin strap), shoulder pads, practice pants (with thigh pads, knee pads, hip pads and tail pad), game pants and mouth piece. Players are required to provide their own cleats, protective cups and extra mouthpieces.

Participants are required to turn the D.M.V. ID into the Sports Office before equipment will be issued. The Sports Office will return the ID when all of the equipment is returned at the end of the season.

Equipment will be issued on the following dates:

Saturday, July 30 from 9 a.m. – 1 p.m. and Saturday, August 6 from 9 a.m. – 1 p.m. Equipment will be distributed from the Youth Sports Equipment Room located at 1108 Jefferson Street.

A parent/guardian must be present with the player to receive equipment. To determine the correct weight class for your child, please use the FCYFL chart or call the Sports Office at 703.746.5402.

Game Uniforms All clubs in the FCYFL are required to have one consistent, approved, uniform color combination scheme using their club colors at the beginning of each season. The Alexandria Titans colors are red and blue with white helmets. Please only wear game uniforms to games and not to practice. The head coach will receive the game jerseys prior to the first game and will issue the jerseys to the team.

All jerseys have washing instructions printed on the label. Please wash the jerseys by hand or on a gentle cycle setting in cold water only. Please do not use bleach or chlorinated solvents on the jerseys. Never place the jersey in a dryer. Uniforms pants can be washed in warm or hot water. You may use chlorinated solvents for the pants and the pants can be dried in the dryer.

Purchasing of Game Jersey & Socks must be purchased on the Equipment Days. Game jerseys are purchased through the Recreation Department Sports Office and must be paid in full at the time of ordering. The cost of the jerseys and socks for 2016 is still to be determined. Adults who wish to purchase a replica jersey must pay the full price at the time of ordering their child's.

League Weigh In Information

Official Weigh In is held by the league to insure proper player placement by age and weight. Each player must attend an official weigh in to be eligible to play in the league. The D.M.V. ID provided to the Youth Sports Office will be used as player identification at the weigh in.

Official weigh in will be held at Falls Church High School on the following dates **August 13, August 20, and August 27.** *There is not a fee to attend the first weigh in on August 13;* in order to attend the late weigh ins parents will have to pay a \$20 fee to FCYFL. Only coaches and players will be allowed inside the weigh-in. Times will be announced the week of the weigh in.

Other Requirements and/or Rules For Weigh In:

- A player will have only one chance to make his weight. Once he steps on an official scale and is found to be overweight, he must move up to the proper higher weight class.
- A player who cannot move to a higher weight class, either because their league does not file a higher weight class team, or because they fall outside the boundaries of the weigh-in requirements for any class, may be allowed a second weigh-in.

- There will be no waivers for weight.
- All players must be officially weighed in to become eligible for FCYFL competition.
- All youth registered with one organization become a member of that organization's team roster at the time of his official Weigh-In and cannot be transferred to another organization's team during the football season and post-season.
- Youth shall wear gym shorts or bathing suits at a minimum. Youth shall wear only one of each item of clothing as a maximum.
- At no time during regular season may a player exceed the maximum weight gain over the allowable initial weight:

Class Allowable Gain	
AB	5
80#	5
90#	5
100#	10
115#	10
130#	10
155#	10

“Heads Up” Football

NFL/USA Football “Heads Up” Football Training Information – All Titan football coaches are required by the City of Alexandria and Fairfax County Youth Football League to complete the coaches certification through USA Football. We are proud that our program is fully committed to the new USA Football “Heads Up Tackling” Program. “Heads Up” tackling teaches players to remove head-to-head contact in tackles and reducing concussion related injuries. The City of Alexandria has made concussion education a priority for the last six years. It is a very exciting time as football programs from youth leagues to the NFL are committing to this program and revolutionizing the sport.

Alexandria's Player Safety Coach, Jeremie Greer, oversees all aspects of the “Heads Up” Football Training. All coaches have received their certifications and have attended (or will attend) face-to-face training. Throughout the season, he will also be stopping by practices to monitor the program and would love to chat with parents, coaches and players to answer any questions or concerns. Focal points of the program include concussion awareness, “Heads Up” Tackling Fundamentals, proper equipment fitting, understanding player psychology, progressive levels of contact (to include reducing amount of contact during practices) and consistent terminology.

Extreme Weather Conditions

Practicing or playing outside in the summer and fall months when the weather is hot can be dangerous. Players, coaches and parents need to take precautions to keep you safe and healthy during the hottest months of the year. People that know they are going to be in these types of conditions should be prepared and know the signs of heat stroke.

Follow the *tips on preventing heat stroke* that are below. They will help you recognize the early signs of heat stroke and allow you to get help before it gets out of control.

Recognizing the Signs of Heat Stroke

There are several ways to tell if a person is *suffering from heat stroke while at practicing or playing*. You just have to know what the symptoms are and how you can help them before it gets worse. This is a list of heat stroke symptoms that you should memorize.

- Thirst
- Fatigue
- Dizziness
- Headache
- Nausea
- Clammy Skin
- Pale Skin
- Chills
- Slurred Speech
- Muscle Cramps

Participation Rules

FCYFL Player Participation Rule:
All eligible, rostered players shall participate in each game of the season except_in the case of injury or absence.

The player participation policy of the American Conference is that each player shall participate in every game for a significant portion of the total game time. Although a specific number of plays or time requirements are not required in this conference, it is the spirit and intent of the League that all Players participate fully.

Teams participating in this Conference shall not select players that will not play a significant portion of each game.

The player participation policy of the Central and National Conferences as well as the Anklebiter Group is that each player shall play the entire game, either on offense or defense, except in case of an injury or sickness. The purpose of this rule is to allow every rostered participant to play the entire game.



Sportsmanship & Field Rules

Rules for the Fields are in place to ensure that everyone has a positive experience at our facilities. Please obey all rules at our practice fields, game fields and at fields throughout the league. The following rules are in place at Alexandria fields: **a)** No pets are allowed on the City of Alexandria school grounds **b)** No smoking is allowed around the field area

c) only approved coaches, players, cheerleaders, commissioners, and staff will be allowed inside of the fence area during games **d)** cameras are not allowed inside the fence area **e)** snacks after the game must be distributed outside the field area and all trash cleaned before leaving the facility **f)** alcohol is not permitted at the fields

Sportsmanship is a major part of our program. Every participant, parent and coach will be required to follow all City of Alexandria rules and regulations. Players, parents and coaches must sign the code of conduct. The Alexandria Titans and FCYFL will not tolerate poor sportsmanship. If anyone is suspended from a City of Alexandria or FCYFL facility for inappropriate actions, action will be taken against that person including up to barment from attending practices or games indefinitely.